

**Womack Army Medical Center  
Over-the-counter (OTC) Self-Care List**

<b>Drug</b>	<b>Strength</b>	<b>Form</b>	<b>Quantity Limits</b>	<b>Notes</b>
Acetaminophen	325 mg	Tablets	50 tabs	
Acetaminophen	160 mg/5 mL	Elixir	120 mL	Age ≥ 2
Cepacol Lozenges (May contain dextromethorphan)	Varies	Lozenges	16 lozenges	Avoid in pregnancy
COVID-19 home test kit	--	--	8 kits/month	
Diphenhydramine	25 mg	Capsules	24 caps	
Diphenhydramine	12.5 mg/5 mL	Liquid	118 mL	Age ≥ 6
Hydrocortisone	1%	Cream	28 gm	Age ≥ 2
Ibuprofen	100 mg/5 ml	Elixir	120 mL	Age ≥ 2
Ibuprofen	200 mg	Tablets	100 tabs	Avoid in pregnancy 20 weeks or later
Lactobacillus	900B	Packet	30 gm	
Lancets / Lancing Device	--	--	100 lancets 1 lancing device	Not the Freestyle Lite
Levonorgestrel (Plan B One Step)	1.5 mg	Tablet	1 tablet	Age >16 for OTC
Lice Treatment (Nix or Rid)	4%	Shampoo	118 mL	
Loperamide	2 mg	Tablets	12 tabs	
Loratadine	5 mg/5 mL	Liquid	120 mL	
Loratadine	10 mg	Tablets	30 tabs	
Nicotine Replacement Therapy	7 mg, 14 mg, <b>OR</b> 21 mg	Patch	28 patches (14/box)	Age ≥18; 3-month trial per year
Nicotine Replacement Therapy	2 mg <b>OR</b> 4 mg	Lozenges Gum	324 lozenges (81/box) 440 gum pieces (110/box)	Age ≥18 4 boxes/month up to 3 months per year
Saline Nasal Drops (Ayr)	0.65%	Liquid	50 mL	
Simethicone (Infant Gas Relief)	20 mg/0.3 mL	Suspension	30 mL	
Vitamin D Infant Drops	10 mcg (400 IU)	Liquid	50 mL	
Zinc Oxide	20%	Ointment	30 gm	For diaper rash

Patients may request directly from the Outpatient Pharmacy any of the above items based on the advice from the ER, an advice nurse, physician, and/or pharmacist after consultation, **WITHOUT** a prescription.

Requests for such medications are limited to **THREE (3)** of the above medications (**one unit** of the same item per patient within a **30-day period**) Pharmacist discretion is critical if the patient needs an OTC medication sooner.